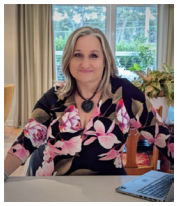
# Seniors In Focus

**Discover what's on offer for seniors in our community – from health and wellbeing to social and creative activities, there's something for everyone to enjoy.**

## Free Activities

### *Rockhampton Southside Library: Author Talks*



Join award-winning Australian author **Amy Andrews** as she shares the inspiration behind her bestselling novel Where Wattles Bloom. Discover insights from her 20-year writing career and enjoy an engaging conversation with one of Australia's most popular romance authors. Free event.

***Saturday, 28 November 2026 | 10:00am – 11:00am.***



### *Knitting and Crochet Club at Southside Library*

Drop by the weekly Knitting & Crochet Club and enjoy conversation, craft and companionship. All ages and skill levels welcome.

***Every Wednesday 9:30am - 12:00pm***

For more information contact the Library Team on 4936 8043

### *Art as We Age at Rockhampton Museum of Art*

Join Rockhampton Museum of Art for an informal discussion about selected artworks in a welcoming and supportive environment. Designed to encourage social connection and stimulate conversation, these sessions are suitable for people living with memory loss, dementia, recovering from injury, or anyone interested in supporting their brain health. Family, friends and carers are welcome.



***Upcoming Dates:***

Tuesday, 17 November 2026 | 11:45 AM - 12:45 PM
Tuesday, 01 December 2026 | 11:45 AM - 12:45 PM
Tuesday, 15 December 2026 | 11:45 AM - 12:45 PM

**Bookings Required - Please contact 4936 8248 for more information**

Photo credit: Melissa Mills Studio

### *Chair Yoga at Rockhampton Museum of Art*



Discover Chair Yoga, a gentle and supportive class designed for those exploring yoga later in life, managing mobility challenges, or returning to movement after injury. Suitable for all abilities, with family, friends and carers welcome. Please bring a towel or small blanket and a water bottle.

**Tuesday, 17 November 2026 | 11:00 AM - 11:45 AM**
**Tuesday, 15 December 2026 | 11:00 AM - 11:45 AM**
*Bookings Required*

Book on the RMOA Website or Contact RMOA for more information on 07 4936 8248

### *Dance for Brain Health at Rockhampton Museum of Art*

Join Allegra Dance Studios for a creative movement program designed for people with Parkinson's disease, mobility challenges, or anyone looking to support brain health. Sessions include seated and standing options in a welcoming social environment, with no dance experience required.



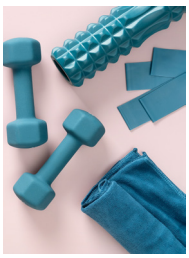
**Tuesday, 01 December 2026 | 11:00 AM - 11:45 AM**
*Bookings Required*

Book on the RMOA Website or Contact RMOA for more information on 07 4936 8248

Image credit: Sinead, Hello Mae Studio, 2026.

### *FunFit at Rockhampton Libraries*

Come along to FunFit and enjoy a range of fun, gentle exercises to keep your mind and body active! Everyone welcome. For more information contact the Library Team on : 4936 8043



**Southside Library**
*Every Thursday at 9:15am - 10:15am*
**Northside Library**
*Every Thursday at 11:00am - 12pm*
**Gracemere Library**
*Every Monday at 9:15am - 10:15am*

Rockhampton Regional Council
CQ Home Assist Secure
Phone: 4936 8522 or 1800 22 33 01
Email: homeassist@rrc.qld.gov.au
Website: rrc.qld.gov.au

Rockhampton Regional Council

## Low-Cost Activities

### *Water Workouts & Movement in Water*

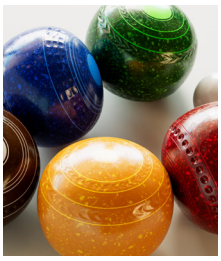
Stay active and improve your wellbeing with Water Workouts and Movement in Water classes offered by Affinity Swim. Suitable for all fitness levels, with a range of classes available throughout the week. Classes start from $10.



To learn more, contact the Affinity Swim team on 4926 2882.

**Cash payments only.**

### *Indoor Bowls*



Looking for a fun and social morning out? Join the North Rockhampton Pensioners Club for indoor bowls every Wednesday from 9:30am to 12:00pm at Bauhinia House. $5 per person

### *Run by 60 & Better: Tai Chi with Lynn*



**Where:** Botanic Gardens (on grassed area in front of Cenotaph)
**When:** Monday Morning 9am to 11am
**Cost:** $5.00

Contact the 60 & Better office on 49140065 or 0437 398 990 for more information.

## Community Events & Involvement

### *Carols by Candlelight*




Celebrate the festive season at Rockhampton's much-loved Carols by Candlelight at the Pilbeam Theatre. Enjoy two heartwarming evenings of Christmas classics and festive favourites performed by talented local artists.

**Friday, 11 December 2026 | 7:00pm – 9:00pm**
**Saturday, 12 December 2026 | 7:00pm – 9:00pm**
**Tickets: Adults $5 | Concession $2.**

Book online at seeitlive.com.au or contact the Pilbeam Theatre Box Office on 4927 4111.

### *CBD Christmas Fair*

Enjoy a festive evening at the CBD Christmas Fair, featuring Christmas craft activities, markets, Santa, the Christmas tree lighting and an outdoor Christmas movie. Bring your family and friends and celebrate the season in the heart of Rockhampton.



**Free Entry | Saturday, 5 December 2026 | 5:00pm – 9:00pm**

### *Heritage Village Christmas Markets*

Experience the magic of Christmas at the Heritage Village Markets, featuring over 160 market stalls, delicious local food, live music and a festive atmosphere. Browse a wide range of handmade and locally crafted products, enjoy vintage vehicle rides, and support local Central Queensland businesses.




**Free entry. Saturday, 28 November 2026 4:00pm – 9:00pm.**

### North Rockhampton Neighbourhood Watch

Help build a safer and more connected community by getting involved with the North Rockhampton Neighbourhood Watch #4 Group. Join local residents at our Cuppa with a Cop at Bella Via Cafe in Dean Street on 8 December 2026, or contact 0477 413 460 to find out how you can get involved

## Services for Seniors

### *Australian Red Cross Telechat*

Stay connected from the comfort of your home with Australian Red Cross Telechat. Enjoy regular social phone calls with a friendly volunteer who shares your interests, helping to build connections and reduce social isolation. In most cases, registration with My Aged Care is required. To enquire contact the Red Cross on 1800 441 014.



### *Senior Hairdressing Services*

Supporting seniors to look and feel their best, these local hairdressers offer professional services in a welcoming and supportive environment. Located at Schotia Place and Bauhinia House contact them to arrange an appointment.



**Louisa** and **Kym-Maree**
**0428 735 533** **0412 769 704**

### *CQ Home Assist Christmas Closure*

CQ Home Assist will be closed from COB 24 December 2026 and will reopen at 8:00am on 4 January 2027. We wish everyone a safe and happy Christmas and New Year.

Rockhampton Regional Council
CQ Home Assist Secure
Phone: 4936 8522 or 1800 22 33 01
Email: homeassist@rrc.qld.gov.au
Website: rrc.qld.gov.au

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